



Club NDSU picture sponsored by the Alcohol and Other Drug Abuse Prevention Program

## Families: Critical Partners in Reducing College Student Drinking.

"Student success" is a concept that gets a lot of discussion at NDSU, especially here in the [Student Success Programs](#) department. The misuse of alcohol and other drugs is a well-documented barrier to student success, and one that [The President's Council on Alcohol and Other Drugs](#) takes seriously. This council is currently focused on its second [strategic plan](#) to reduce the harmful effects that result from alcohol and other drug misuse among NDSU students.

The council uses a survey instrument to measure alcohol and other drug use and negative consequences related to use among NDSU students (see full results from the [2014 survey](#)). Since 2001, drinking rates among NDSU students has remained relatively stable. Though some of these drinking rates are sometimes higher than national averages, including underage drinking, the rates really reflect national trends for the college-age population. Nonetheless, we are encouraged to see that the rate of students experiencing certain negative consequences because of alcohol are decreasing—such as the percentage of students reporting performing poorly on an exam or project. We see this as progress towards our risk-reduction strategies, but our work isn't done. We want to continue to move the needle forward, reducing the rates of risky alcohol (and other drug) use and related consequences.

So how does this involve the students' families?

NDSU recognizes the importance of parents and family to student success. Your messages to students can be powerful. Our Core Survey data show us that parents can have a significant influence on their student's alcohol and other drug-related choices. Over 75% of NDSU's students report that their parents have talked to them about expectations regarding alcohol use and that their parents' expectations regarding alcohol use is an effective way for them to limit their own use. We encourage parents and family members to be part of the proactive prevention framework by taking the opportunity to share their expectations about alcohol and other drug choices openly and honestly with their students.

Wondering how you can begin this conversation?

[Parents LEAD](#) is a statewide initiative providing resources to parents for facilitating those crucial conversations about alcohol use with their students. More information is also available on [NDSU's Alcohol and Other Drug Abuse prevention program website](#).

Thank you for partnering with us to support the personal, academic, and professional potential of our NDSU students. Your involvement is vital to our prevention program and the student-focus, land-grant, [research mission at NDSU](#).

For more information about the [President's Council on Alcohol and Other Drugs](#), including its upcoming Town Hall Meeting on October 18th from 7:00pm – 8:30pm, please visit the NDSU Alcohol and Other Drug Abuse Prevention website at [www.ndsu.edu/alcoholinfo](http://www.ndsu.edu/alcoholinfo), or contact the program coordinator, Nick Redenius, at [nicklaus.redenius@ndsu.edu](mailto:nicklaus.redenius@ndsu.edu)



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**NDSU Counseling Center is here to help your student.** College students today face a wide variety of stressful situations, from adjusting to being away from home, to doing well in school while needing to work to pay for school. For some students, these stressful situations will lead to a diagnosable mental health disorder, such as generalized anxiety or depression. Other students will find themselves dealing with feelings of anxiety and low mood, feelings that make life more difficult, but are not at a diagnosable level. In either case, these feelings can interfere with a student's ability to be successful in school.

The NDSU Counseling Center, 212 Ceres Hall, is here to help students deal with these types of situations, helping them to feel better, learn healthy coping skills, and learn strong study skills. The Center offers a variety of free counseling opportunities for NDSU students. Students can participate in individual, couples, and group counseling; focusing on issues related to personal-emotional issues, academic skills concerns, and career concerns. Center staff members also teach a study skills and a career decision-making course each semester. At various times of the year, workshops are available on topics related to meditation, mindfulness, students in recovery, and study skills. Students may also see the Center's consulting psychiatrist (at no charge) and the Center works closely with the NDSU Student Health Service in coordinating care related to less complex mental health-related medication usage.

Students are invited to take part in the Center's two newest programs: DeStress in the Dirt and Pawsitive Relaxation. During the fall semester, DeStress in the Dirt will give students a chance to relax by creating a terrarium, while also receiving additional information about how to manage day-to-day stress. Students will leave the event with something new and alive to brighten-up their living spaces. Refreshments will be served and all of this is free for the first eight students to register for each event.

DeStress in the Dirt will be held from 3:30 – 5:00 PM on the following dates (all Thursdays). Next to each date is the specific student population invited to register for that event:

October 13: General Student Body

October 27: Sophomores

November 10: General Student Body

December 1: Graduate Students

Pawsitive Relaxation gives NDSU students an opportunity to reduce their stress for an hour by hanging out with one of the Center's registered therapy dogs, while also receiving information about ways to manage stress. For fall 2016, the group meets monthly on the second Tuesday of each month beginning on September 13th, and is open to any NDSU student. To register for both programs, please call the Counseling Center at 231-7671.

If you and your student are unsure about how serious their concerns might be, your student is invited to complete our anonymous on-line stress and depression assessment. The assessment can be taken at the following address: [www.ndscounseling.org/welcome.cfm?access=website](http://www.ndscounseling.org/welcome.cfm?access=website). Once completed, the results will be sent to a Center counselor and the counselor will "dialogue" anonymously through a confidential web site with the student about the results. The counselor will offer suggestions about how the student can deal with any concerns that are highlighted by the assessment and will invite the student to make an appointment at the Center if appropriate.

For more information about the Center, checkout the Center's web site at [www.ndsu.edu/counseling](http://www.ndsu.edu/counseling). To schedule an appointment, call (701) 231-7671. The Center is open Monday – Friday, 8:00 AM – 5:00 PM (and until 7:00 PM on Tuesday and Thursday).





**STEPS to Success.** At NDSU, we've discovered that students often underestimate how invested their peers are in academic success. The STEPS to Success campaign aims to increase positive academic behaviors and attitudes and promote accurate messages about NDSU students' engagement in behaviors leading to academic success. These messages are based on the results of the 2016 NDSU Academic Experiences survey. Help get your student started off on the right foot. These messages can be a great conversation starter when asking about their academic behaviors and attitudes.

To learn more about STEPS to Success, visit [www.ndsu.edu/studentsuccess/steps](http://www.ndsu.edu/studentsuccess/steps).

STEPS to Success Messages:

- » 9 of 10 NDSU students use a personal calendar to prioritize their academic work.
- » A majority of students check their NDSU email and Blackboard at least 18 times per week
- » NDSU students spend an average of 13 to 16 hours a week preparing for class.
- » A majority of students use tutoring or other academic services at least once a month.
- » 19 of 20 NDSU students meet with their academic advisor at least once a semester.
- » 4 of 5 students believe it's important to register for and complete 15 credits a semester.
- » 4 of 5 students believe it's important to approach college as a full-time job.
- » 4 of 5 students report attending class at least 90 percent of the time.
- » A majority of students finish their homework before class at least 90 percent of the time.
- » 9 of 10 NDSU students say academic success mainly depends on good study habits and hard work.
- » 4 of 5 students meet with faculty at least once a semester to work on special projects, conduct research, or get help on coursework.
- » A majority of NDSU students start studying at least three days before an exam.
- » 9 of 10 students are committed to earning a degree at NDSU.
- » 3 of 4 students participate in organized clubs or student groups during a typical week.

This semester ACE and the Counseling Center are partnering together to host Study Skills Workshops for any student interested in learning more about test-taking skills/dealing with test anxiety and battling procrastination. Sessions are spread throughout the semester and we hope that the sessions are both informative and interactive. To register, contact [Betsy.Carter@ndsu.edu](mailto:Betsy.Carter@ndsu.edu).

- » **Test Techniques and Anxiety:** Learn specific test-taking strategies and exam preparation skills to improve test performance. We will also discuss ways to manage the stress and anxiety associated with studying and test-taking.

October 13th: 5:00 - 6:00 pm

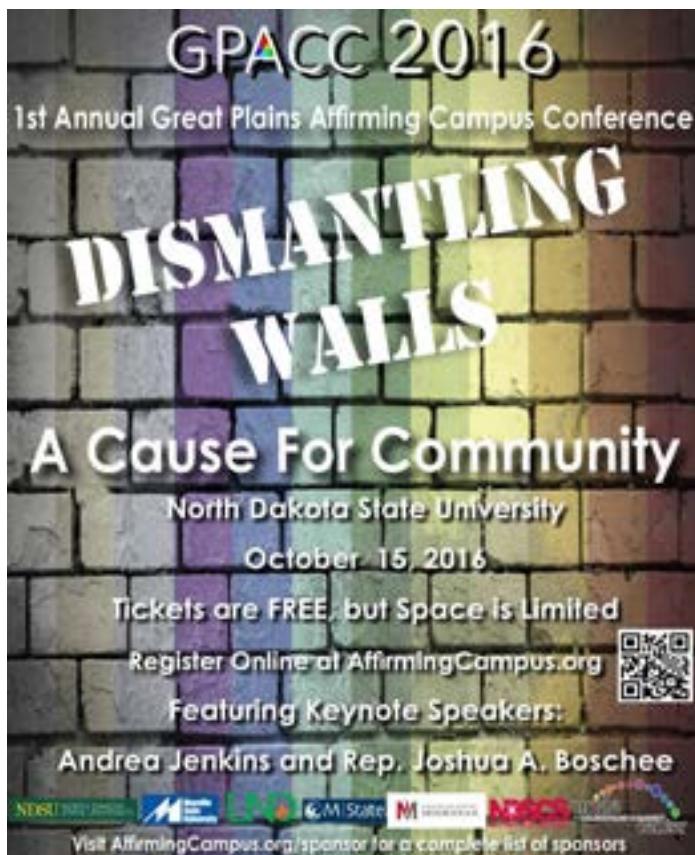
October 24th: 4:00 - 5:00 pm

December 6th: 6:00 - 7:00 pm

- » **Procrastination:** Learn about common types of procrastination, how to identify which types fit you, and how to combat them. Strategies for increasing motivation will also be discussed.

November 30th: 4:00 - 5:00 pm





## NDSU's Gender and Sexual Diversity Programs.

The mission of Gender and Sexual Diversity at North Dakota State University is to strengthen and sustain an inclusive campus community for LGBTQ students, faculty, and staff by providing programming that reduces homophobia and gender identity oppression. We collaborate with campus departments, student organizations, university administration, and community groups to advocate for the needs and concerns of LGBTQ students. The Gender and Sexual Diversity Resource Center is located in the Memorial Union, Gunkelman Room 122.

We offer awareness and education programs for Coming Out Month in October and Transgender Day of Remembrance in November. The Gender and Sexual Diversity Program offers Safe Zone Ally Training. The three levels of training include: Becoming an Ally; Gender Identity/Expression; Becoming an Upstander.

The full list of events and training dates can be found online at [www.ndsu.edu/lgbtq](http://www.ndsu.edu/lgbtq)

In light of recent discussions of LGBTQ+ education disparities in the United States, NDSU, Ten Percent Society at UND, North Dakota State College of Science, Mayville State University, Minnesota State University Moorhead, and Minnesota State Community and Technical College will be holding the first annual Great Plains Affirming Campus Conference (GPACC) on October 15, 2016 at NDSU. The purpose of GPACC is to address issues related to campus inclusion of LGBTQ+ students by gathering LGBTQ+ individuals from our area for advocacy training and education, provide a safe space for networking, celebrating our LGBTQ+ diversity, networking for professionals, and to educate the larger campus community of LGBTQ+ issues.

**Feel free to contact Gender and Sexual Diversity Programs for more information.**

Phone: (701) 231-5263

Email: [Andrea.Wagner@ndsu.edu](mailto:Andrea.Wagner@ndsu.edu)

NDSU University Police LGBT Liaison:

[Gennifer.Sprecher@ndsu.edu](mailto:Gennifer.Sprecher@ndsu.edu)

Phone: (701) 231-8998



Please join our Facebook group:  
[NDSU Class of 2020 Family](#)

Want to stay up to date on campus happenings, NDSU news, and snapshots of student life @ NDSU?

Join the NDSU Class of 2020 Family Facebook page!

**VISIT CAMPUS!**

Volleyball vs. IPFW - October 7

Soccer vs. Western Illinois - October 9

NDSU Fall Choral Concert II - October 9

Soccer vs. Denver - October 14

Football vs. South Dakota State - October 15

Soccer vs. South Dakota State - October 16

University Symphony Orchestra & Wind Symphony - October 16

NDSU Theatre presents: Peter Pan - October 20 - October 22

Volleyball vs. Omaha - October 29

Soccer vs. IUPUI - October 30

Football vs. Youngstown State - November 5

Veterans Day (no school) - November 11